



Tasty recipes from LDAF marketing specialist Mary Gallent's home cookbook.

Cajun Power Sticky Chicken

3 lb. assorted chicken pieces
salt
pepper
Cajun seasoning

Cajun Power Garlic Sauce
½ cup cooking oil
1½ cup chopped onions
1/2 to 3/4 cup chicken broth or water

Rinse chicken well & pat dry. Place chicken in large bowl; season to taste. Evenly drizzle Cajun Power Garlic Sauce generously over the chicken; allow to stand for 15 minutes. Heat oil in heavy skillet, med. heat. Add chicken; brown on all sides (allow chicken to stick to bottom, the pieces will darken but don't let them burn). Place chicken on a clean plate. Add onions to the hot skillet; cook over heat, high, uncovered, for 5 minutes; scraping bottom to loosen the browned bits. Add chicken broth or water; stir well until gravy is made. Return chicken to skillet; reduce heat to medium low, cover and simmer 12 minutes or until chicken is fully cooked.

Baked Beans

1 lb.(+ or -) ground beef
2 onions chopped
2 tbsp. mustard
2 large cans pork and beans
barbecue sauce to taste

ketchup to taste
Steen's Syrup to taste
½ cup brown sugar
salt, pepper, Tabasco and
Worcester sauce to taste

Brown meat and onions. Mix all ingredients in a casserole. Cover with brown sugar and bake at 350° for one hour

Breakfast Casserole

1 lb. hot pork sausage
6 slices bread
soft butter
1/2 cup shredded sharp cheese

5 eggs
2 cups half & half
1 tsp. salt
1 tsp. dry mustard

Cook sausage over medium heat; stir and crumble. Drain on paper towels. Spread bread with butter and cut in cubes. Layer the bread in a pan or baking dish. Sprinkle with sausage, top with cheese. Combine remaining ingredients; beat well and pour over mixture in dish.

Chill for at least 8 hours or overnight. Bake at 350° for 40-50 minutes. Serves 6 or more. Freezes well.

Em's Hot Artichoke Dip

4 (14-ounce) cans artichoke hearts,
drained and quartered
4 cup Hellmann mayonnaise
4 cup grated Parmesan cheese
Worcestershire sauce to taste
Red pepper or hot sauce to taste

Preheat oven to 325°.

Combine all ingredients; stir well. Spoon into a large baking dish. Bake, uncovered, at 325° for 30 minutes or until golden on top. Serve with gourmet crackers, melba toast, corn chips, or thinly sliced toasted bread. Makes about 9 cups.

Gaspachio - Cold Tomato Soup/Drink

1 bell pepper – seeded and chopped
2 cucumbers – seeded and chopped
1 small-med onion – preferably a sweet or
white onion - chopped
1 clove garlic – very finely chopped
1 ½ cups cold tomato juice; add more if
necessary to stretch
8 med. home grown tomatoes – peeled

¼ cup extra virgin olive oil
1 ½ tsp. paprika
9 tbs. vinegar
3 tsp. salt
black pepper – to taste
Tabasco or other Louisiana hot
pepper sauce – to taste

Place all but the tomato juice in a blender and blend. Add tomato juice. Stir well and add seasonings to taste.

Refrigerate. Serve by the glass, Very Cold.

This is an excellent summer time use of those extra tomatoes. It's what V-8 wishes it was!!! recipe from Kyle Moppert

Crabmeat Mornay

1 stick butter
1 small bunch green onions,
chopped
½ cup finely chopped Parsley
2 tablespoons flour

1 pint half and half
½ pound grated Swiss cheese
2 tablespoon sherry
salt and red pepper to taste
1 pound white crab meat

Melt butter in a heavy pot and sauté onions and parsley. Blend in flour. Add half and half stirring constantly. Blend in cheese until it is melted. Add other ingredients, and then gently fold in crab meat. This may be used with pasta, in patty shells, in a chafing dish with Melba toast or over chicken, fish or steaks.